

Steffee vandalism investigation continues

By CHRISTINA BRYSON
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Steffee Hall of Life Sciences was subject to flooding on Nov. 22, 2015 after an unknown assailant(s) reportedly turned on an emergency safety shower on the second floor and left it running. Damage to the east wing of the building ranged from the second floor down to the basement, affecting the building's structure along with an electrical panel, scientific equipment and personal property.

“

I'm glad the building is back online, but I'm still disappointed it ever happened.

”

Ron Cole
Provost and Dean
of the college

Eric Young, Meadville chief of police, confirmed the department is conducting an investigation into the incident.

“We're still in the works,” said Young. “It's a pending investigation working jointly with the college administration, Safety and Security.”

Linda Wetsell, chief financial officer and treasurer, verified that the college is still compiling financial totals.

“It is still ongoing, but based on the work done over break to get things ready for classes...I can tell you that, that part of the repairs is over \$160,000 so far,” said Wetsell.

Insurance adjusters have visited Steffee on multiple oc-



ALEÅA REYES/THE CAMPUS

Scott Wissinger, professor of biology, looks over items that were damaged by the flooding in Steffee on Nov. 22, 2015. According to Eric Young, Meadville chief of police, the department is still conducting and investigation into the incident. The college is still calculating costs, but the repairs that were done over break have added up to more than \$160,000.

casions since the incident to assess the damage, with their most recent visit on Wednesday, Jan. 27 to review scientific equipment.

“We're compiling a list from all the faculty that were involved and every item on that list we have to talk about what's the replacement value? Is it covered or not covered?

That type of stuff. Every office that got touched by water we walk through that. There's a lot of rooms and a lot of details,” said Wetsell. “So we're working through that inventory with the insurance company and then we'll work through the replacement and or repair of all those. We're still compiling that list.”

Wetsell hopes the inventory lists will be finalized within the next 30 days.

So far the college has paid a \$25,000 deductible, but could potentially pay more if insurance does not cover certain items or repairs. As of now, insurance has covered all costs.

“This act affects everybody

on campus, not just those in Steffee. It affects everybody on campus because ultimately the costs for repairs and replacement of equipment is going to take away from other initiatives we may have had going on this year,” said Ron Cole, provost and dean of the college.

The future ramifications

of this incident can affect the college's renewal premium, but Wetsell could not definitively say whether or not this would ultimately raise premiums.

“I'm glad the building is back online, but I'm still disappointed it ever happened,” said Cole.



MEGHAN HAYMAN/THE CAMPUS

College chaplain Jane Ellen Nickell gives a sermon relating to the teachings of Martin Luther King Jr. in Ford Chapel when Reverend Irene Monroe was not able to come due to in-climate weather on Jan. 24, 2016. The sermon was part of a week-long observance dedicated to the life and activism of King.

MLK celebrations bring diverse groups together

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PennDOT denies Allegheny's request to lower speed limit

By JOSEPH TINGLEY
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A request from Allegheny College to the Pennsylvania Department of Transportation to lower the speed limit on North Main Street was denied, Allegheny Student Government Vice President Tess Bracken, '17, announced at ASG's first meeting of the semester on Jan. 19, 2016.

The request was filed by the college following the death of Hannah Morris, '17, who died on Oct. 29, 2015 after being struck by a car on North Main Street. The driver has since been identified as Meadville resident Jeffrey Freeman, who was not charged with any crime or traffic violations following a police investigation, according to the Meadville Tribune.

The accident, the second on North Main Street involving a student in the last three years, has prompted discussions among faculty, staff and students about the best way to

improve pedestrian safety on campus.

Bracken said ASG is continuing to work with the administration to find solutions, but admitted PennDOT's decision was a blow.

“We are going to do what we can, but it is frustrating,” Bracken said.

Provost and Dean of the college Ron Cole, who heard ideas from ASG prior to the winter break on how to improve pedestrian safety, also expressed his disappointment.

“I'm disappointed of course, I would have liked to see the speed limit reduced,” Cole said.

Sue Stuebner, executive vice president and chief operating officer of the college, admitted she was also disappointed with PennDOT's decision. Stuebner explained the reason for the denial of the request was a study the department conducted while considering the request, which found that between 75-80 percent of traffic on North

Main was traveling at or below the current established speed limit.

Following the decision by PennDOT members of the administration, including President James Mullen, and Stuebner met with officials from PennDOT and the City of Meadville to discuss different ways to improve pedestrian safety.

“Sitting in the meeting with PennDOT there were a lot good topics discussed,” Stuebner said.

Stuebner said progress has been made, and new signage designed to alert drivers as they approach crosswalks on North Main Street has already been implemented by the college.

“The thing I am most concerned about is changing driver behavior,” Stuebner said.

She said in the future the college hopes to make crosswalks more uniform, so driv-

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MLK

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By ALEX WEIDENHOF
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Allegheny College hosted several events celebrating Martin Luther King, Jr. Day during the week of Jan. 18, 2016. While past celebrations of the national holiday on campus have consisted of a single day, the college changed how it honored King in 2016.

“I was concerned we just had one day designated for our reflection when clearly the life and work of Dr. King is really significant to our American experience today,” said Marita Gilbert, faculty advisor to the Center for Intercultural Advancement and Student Success.

Gilbert coordinated events for the week, which were

sponsored by CIASS.

The college’s celebration of the holiday began before the start of the spring semester with a dinner involving both Meadville community members and Allegheny students at St. Brigid’s Church in Meadville.

“It was a great experience because when you looked around the room, it was really diverse, whether you relate that to age, socioeconomic status, race and ethnicity, gender, life experience,” said Gilbert. “That was really impactful for people that went.”

Continuing the celebration, Katrina D. Thompson, associate professor of history and African-American studies at Saint Louis University, delivered a lecture on King’s life and legacy on Monday, Jan. 18.

Celebrations of the holiday continued on Tuesday with a student symposium on the contemporary meaning of King, and how activists can apply his legacy to civil rights work, Gilbert said.

On Wednesday, Jan. 20, the college hosted a student and faculty workshop on community.

Wyatt Boyler, ’17, facilitated this event along with Heather Moore, assistant professor of community and justice studies. Boyler said King’s commitment to community is relevant on Allegheny’s campus.

“Dr. King obviously had a huge commitment to his community, so we wanted to come together as a student body to find something we could commit to,” Boyler said.

Moore said one purpose of

celebrating King is to create a starting point for discussions on race.

“In the context of a lot of discussions regarding race on college campuses, specifically last semester, I think that our discussions of Martin Luther King are the foundation of the conversation,” Moore said. “Meaning, there is more that needs to be done.”

King’s speeches and legacy can have a lasting impact today, Boyler said.

“Not everyone understands the substance that King was talking about,” Boyler said. “The substance, the underlying issues that we have in our country that are institutionalized and that need to be sought out.”

Allegheny’s celebration ended with a Service Saturday and a Sunday chapel service

focused on unity.

Some faculty saw the college’s celebration as a way to raise awareness to racial issues in the country.

“It’s very easy for many people to remain unaware,” said Michael Mehler, associate professor of theater and co-chair of the Council on Diversity and Equity. “We get focused on our own struggles, which happen even if you have a lot of advantages. It’s important to think about, and to open our minds and our eyes, to what everyone goes through.”

Moore said the conversation on race should continue outside of the college’s celebration of King’s holiday.

“There needs to be more that’s done, so it’s not just that we’re talking about race on Martin Luther King Day

and with Martin Luther King events on campus, but that we’re doing it regularly,” she said. “I don’t think that Martin Luther King is it. He’s not the only person that we need to be talking about in regards to justice, human rights and race issues in this country.”

“

Dr. King obviously had a huge commitment to his community, so we wanted to come together as a student body to find something we could commit to.

”

Wyatt Boyler
Class 2017



Contributed by LEE SCANDINARO

Students gathered in the Pelletier Library to wait for assignments for the first Service Saturday of the semester on Jan. 23, 2016. This Service Saturday was held during the week-long celebrations for Martin Luther King Jr. Day.

VITA begins new year after record-breaking season

By ANGELA MAURONI
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Thirty-eight students will begin the annual Meadville Volunteer Income Tax Assistance program on Feb. 1, 2016, which is aimed to assist

residents with a household income below \$50,000 do their taxes.

Stephanie Martin, associate professor of economics and director of VITA, said the program has significantly grown in popularity in the seven years she has been in

charge. While volunteers used to help around 100 people, they completed around 900 local, state and federal taxes in 2015, breaking all of their previous records.

“We get a really wide range of people,” Martin said.

The VITA program is run by volunteers for 11 ½ half hours a week, and is a free tax service, which Martin said sets it apart from other programs.

“The other tax services in town are going to charge them at least \$79,” she said.

Having a volunteer-based program is to the advantage of the volunteers as well, as the program qualifies for the IRS’s insurance as a result, Martin said. If the workers were paid, the IRS would not provide insurance for them.

Martin said the program has gained popularity largely through word of mouth, and is a beneficial asset for the community because around 75 percent of people in West-

ern Crawford County qualify for the program.

Volunteers come from all majors to participate in the national program and use a system called TaxWise that was specifically created for VITA.

Forrest Stuckey, ’16, who participated in VITA in 2015, said that he is glad he took part in the program.

“It was a really awesome experience in that I was doing something great for my résumé...and also I was helping out the Meadville community,” Stuckey said.

Students who participate complete a training program over winter break that includes tax scenarios before returning and completing two more preparation sessions. They then meet with residents in the Meadville Public Library and help determine what rebates they qualify for, such as the Property Tax/Rent Rebate Program aimed to benefit the disabled and

elderly.

“It’s a very fast turnaround...almost a trial by fire situation,” Stuckey said. “But there are always support systems in VITA, always someone you can ask for help.”

Ashley Mulryan, ’17, was also a VITA volunteer in 2015, and said the program is helpful for anyone, but particularly for low-income communities.

“Doing taxes is a stress to the average middle class family that can afford a tax program,” she said. “Let alone the members of our community that can’t afford tax software or feel uncomfortable with legal tax documents.”

According to Martin, the program is more difficult for her to handle as it gains popularity.

“The program isn’t really sustainable to teach and [direct],” she said.

She said those working with VITA are trying to institutionalize it in Meadville and

raise money to pay a sitemanager to direct the program full time. Currently, Martin appoints site coordinators to manage the program when she cannot be there. These coordinators are generally a mix of students who have participated in the program before and those who are new to the program.

Although students can get four social science credits for completing the program, the credits do not count toward the economics major and students cannot get credit for doing the program more than once. For 2016, seven of the 48 students who volunteered in 2015 are returning.

Although Mulryan is not one of these students, she appreciates the experience she has gotten from the program.

“Being a VITA really allowed me to give back while using my skill set. It’s an awesome opportunity to get off of campus and give back while getting credit,” she said.

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ASG

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ers can more easily identify them.

In addition to the new signage, Stuebner said PennDOT is currently working to provide the college with pedestrian yield signs for the middle of all campus crosswalks.

“A lot of this is just to get pedestrian and driver awareness, hopefully these signs will help,” Stuebner said.

While the focus is primar-

ily on changing driver behavior, Stuebner said the college’s Safety Committee is also working on a campaign to change student behavior. She said this will include a tabling campaign offering free backpack reflectors to students who sign a pledge to use caution when crossing the street.

According to Bracken, the committee will also be working to produce an education-

al video designed to increase driver and pedestrian awareness. She said ASG is also discussing ways to further improve signage and lighting.

Stuebner said the college is also waiting on a more comprehensive report from an outside regional engineering firm that will look at ways to manage traffic on North Main Street. Among the possible solutions, the report will ex-

plore a possible four-way stop somewhere on North Main.

“It’ll be something that we would have to get permission from the city and PennDOT to actually make changes, but we would have the report to back us up,” Stuebner said.

The report should be completed within the next ten days, according to Stuebner.

THE CAMPUS

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EVENTS CALENDAR

Shabbat Service and Dinner
Friday, Jan. 29, 5 p.m., Jewish Community Center
A candidate for the position of Jewish Chaplain/Jewish Studies faculty member will lead the service and be available for conversation over dinner.

Concert by French Horn Duo Rebecca Chambers and Sarah Schouten
Friday, Jan. 29, 7 p.m., Ford Chapel
Pianist Amber Shay Nicholson, who studied with Alec Chien, will provide accompaniment.

Late Night Event: Create Fabric Scarves
Friday, Jan. 29, 9 p.m., Campus Center Lobby
The sisters of Alpha Delta Pi and the members of Allegheny Student Government invite you to join them for this Late Night event. Fabric and hot cocoa provided.

Senior Saturday
Saturday, Jan. 30, 9 a.m. to 12:30 p.m., Campus Center 301/302
Sessions include building your résumé, launching your job search and acing your interview. No registration required.

Faith Week Event: Mid-winter Festival
Saturday, Jan. 30, 2 to 4 p.m., Schultz Banquet Hall
Students, faculty, staff and community members are invited to this family-friendly event at which various religious groups will provide activities, games and food to mark the midpoint of winter and look toward spring.

Chapel Service
Sunday, Jan. 31, 11 a.m., Ford Chapel
Through a pulpit exchange with Stone United Methodist Church, the Reverend Sarah Roncolato, ’80, will preach.

Roman Catholic Mass
Sunday, Jan. 31, 6:30 p.m., Ford Chapel
Mass is celebrated by Catholic Campus Minister Father Jeff Lucas.

Summer Job Fair
Monday, Feb. 1, 11:30 a.m. to 1:30 p.m., Campus Center Lobby
The Summer Job Fair can help you search for a meaningful summer job or internship. Check out My Allegheny for a list of the 20-plus employers attending the fair.

Information Session with Alpha Phi Omega
Monday, Feb. 1, 1 p.m., Campus Center 318
Learn more about community service through Alpha Phi Omega, a national coeducational service organization. An additional information session will be offered this week on Wednesday, Feb. 3, at 12:30 p.m.

Virtual Information Session on Internships with the National Museum of American History
Monday, Feb. 1, 2 p.m., Pelletier Collaboratory
Learn about the museum’s multiple internships for Summer 2016 in a variety of fields including public relations, music and archival science. More information can be found on My Allegheny.

Visit with the Therapy Dogs
Monday, Feb. 1, 4 to 5 p.m., Reis Hall Rotunda
The therapy dogs are eager to welcome you back to campus.

Faith Week Event: Discussion with the Reverend Father Eric J. Dinga
Monday, Feb. 1, 8 p.m., Ford Chapel
Newman hosts a discussion with Father Dinga, who was recently ordained at Blessed Sacred Heart Cathedral in Greensburg, and whose brother, Troy, is a leader in Newman.

Faith Week Event: Urban Promise
Tuesday, Feb. 2, 8:30 p.m., Ford Chapel
Allegheny Christian Outreach hosts Rob Prestowitz and Kristin Walker, with Urban Promise, which seeks to equip children and young adults with the skills necessary for academic achievement, life management, personal growth and servant leadership.

Faith Week Event: Guided Meditation Session
Tuesday, Feb. 2, 9 p.m., Montgomery Gym
The Society of Buddhist and Hindu Students and the Meditation Club invite experienced practitioners and beginners alike to this guided meditation session.

Faith Week Event: Dinner Discussion on Islamophobic
Wednesday, Feb. 3, 5 p.m., Campus Center 206
Christians and Muslims join together for conversation about how to make the campus and larger community welcoming and safe for Muslim students and faculty. The discussion is hosted by Sojourners and Project Nur.

Faith Week Event: Youth Night
Thursday, Feb. 4, 6 p.m., Ford Chapel
Fellowship of Christian Athletes and Allegheny Christian Outreach invite youth from Meadville for pizza, conversation about God and a game of Capture the Flag.

Single Voice Reading Series: Novelist Catherine Chung
Thursday, Feb. 4, 7 p.m., Tillotson Room of the Tippie Alumni Center
Novelist Catherine Chung, author of “Forgotten Country,” will read from her work.

CRIME BLOTTER

Jan. 18, 2016
Wise Center
Unknown actor accused of larceny.

Jan. 21, 2016.
Pelletier Library
Pelletier Library was vandalized by an unknown actor(s).

Jan. 23, 2016
Edwards Hall
Student being investigated for underage drinking.

Jan. 23, 2016
Ravine-Narvik Hall
Student being investigated for possession of marijuana.

Jan. 24, 2016
Wise Center
Wise Center was vandalized.

Jan. 24, 2016
Baldwin Hall
Student being investigated for underage drinking.

Jan. 24, 2016
Walker Hall
Student being investigated for underage drinking.

Jan. 24, 2016
Steffee Hall of Life Sciences and Carr Hall
The outsides of Steffee and Carr Halls were vandalized by an unknown actor(s).

In politics, integrity is more important than ideology

By EMILY GREENE
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All of the President’s duties can fall into one of two categories. The first category is the bureaucratic and the clerical. The president fills different leadership roles within the federal government itself. The president is the commander in chief of the armed forces, is responsible for the employees of the executive branch of the government, is the chief legislator of the nation and is the guardian of the economy. In order for any government to function, someone has to do those things.

Most of the candidates in the running are competent enough to fulfill basic bureaucratic needs. Granted, the winner must be able to rally support within the pre existing bureaucracies in order to get anything done. That may make it difficult for certain

candidates, such as Donald Trump, to effectively act as President. Trump is unpopular among democrats, of course, but many of his incumbent party members have expressed their public disapproval as well.

The second category of tasks is seemingly more superficial, but nonetheless an important part of the job, especially in our media driven culture. The President is expected to perform all the duties that a chief of state might otherwise, without neglecting their other duties.

England has a Queen and a Prime Minister, we have a singular president who is expected to fulfill the responsibilities of both a practical leader and a figurehead. A certain amount of showmanship is expected from any public figure. It is good for the American people to see their president doing things like pardoning turkeys

and hunting for easter eggs. Does President Obama have better things to be doing at any given moment? Yes. But, in order for the American people to trust the president, they must be a visible and non-threatening figure.

According to the Pew Research Center, the American public’s trust in the federal government has reached historic lows. Only 19 percent of Americans in 2015 said that they could trust the government to do what is right most of or all of the time. Compare that to the year 1958, when 73 percent of Americans said yes to the same question.

Ever since Watergate the American public has trusted less and less, which is a fact Richard Nixon himself acknowledged. He was fully aware that his breach in trust greatly impeded his ability to lead the nation effectively. When he announced his

resignation of the presidency he said, “America needs a full-time President,” meaning, someone who does not need to spend half of the time worrying about rehabilitating a public image. In light of the fact that public faith in our governing bodies is bottoming out, it may be safe to say we have not had a full time president in too long.

The American people want to believe in their elected officials, hence why candidates like Donald Trump and Bernie Sanders have risen to prominence. Voters are responding to them because they both are considered “Washington Outsiders.” Trump made the majority of his money outside of the world of politics. Sanders is a career politician, though he has distinguished himself by aligning himself against practices like lobbying.

In an ideal world, our next president would become a

public figure that people believed, and even better, believed in. The rehabilitation of the federal government’s image could help bridge some of the bipartisan gaps that have been created in our political landscape. As it currently stands, the citizens trust no one, and the politicians openly condemn members of the other party. The propaganda campaign against the Obama Administration is a perfect example of bipartisan politics today. The misinformation produced by the parties themselves further polarizes their constituents. Members of either party feel as if the corruption is coming from the other side. This atmosphere makes compromise nearly impossible. The bottom line is this: the candidate that can unify America is the most deserving of the presidency.

That is, of course, easier said than done. On many top-

ics, such as with gun control and immigration reform, a compromise will be difficult to sell to both Congress and the public. Difficult times though, have bred some of our most beloved leaders. James Buchanan remarked “I am the last president of the United States!” as he was leaving office and the Civil War was dawning. Abraham Lincoln then took office, and went on to become one of greatest presidents in history.

A daunting presidency can breed great presidents. Lincoln took office during times of American hardship, as did Franklin Delano Roosevelt. I do not envy our next president. They have a tough road ahead, both domestically and internationally. But I can only hope that these difficult circumstances will give the next great American leader a chance to emerge.

THE SIMPLE THINGS



Comic by Jonathon Yee

On the difficulties of defining a drug by its danger

By Tyler Stigall
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A recent display in the campus center lobby on the use of recreational drugs has stirred a range of responses among Allegheny students, from the tepid to the irate. The display presented short blurbs on several pharmaceuticals one might hypothetically expect to encounter among adults, including alcohol, tobacco, marijuana, ecstasy, heroin and, to the surprise of many, antidepressants.

“Messing with your mood can be a messy affair,” the sign read. “People taking antidepressants often develop a dependency on the drug, which opens them up to sleep problems, irritability, and sexual dysfunction.”

Tautological puns aside, the information is not necessarily inaccurate. (More on that in a bit.) What irked students’ sensibilities seemed to be the inclusion of a prescribed drug for a symptomatically identifiable clinical disorder among what essentially amounted to a basic know-your-college-risks PSA.

Chris Sexauer, a former Allegheny student, posted an image of the antidepressants section of the display to the college’s Facebook page.

Sexauer wrote, “By including antidepressants in your (hilariously misinformed) presentation of recreational drugs, you have explicitly placed myself and any other

member of your community that is or has been prescribed antidepressants as drug-seeking individuals. In simple terms, you equate the psychiatric use of medications with ‘getting high.’”

Below the post, several commenters expressed similar sentiments.

According to a CDC briefing from 2011, as of 2008 roughly 11 percent of the United States population over the age of twelve takes anti-depressants. In contrast, according to the National Institute of Alcohol Abuse and Alcoholism, 86.8 percent of people ages 18 and over reported that they consumed alcohol at some point during their lifetime. In 2014, nearly 16.8 percent of U.S. adults smoked cigarettes (as per a CDC survey). And the 2011 World Drug Report put out by the United Nations gauges marijuana use in the United States at about 13.7 percent.

Prevalence is not the same as potency, however. According to the National Survey of Drug Use and Health, only 6.6 percent of people ages twelve and older have admitted to using ecstasy in their lifetime. Of the same age group, according to the same source, as of 2011, heroin use clocks in at 1.6 percent. These drugs are orders of magnitude more lethal than the aforementioned consumables; no one would deny the dangers imposed by them based on usage rates alone.

How jarring, still, must it have been for the students who use antidepressants as a tool of mitigation over a medical quandary listed among the causes of liver disease, lung cancer, overdose and death? By raw probability, extrapolating rate of use from the CDC-surveyed estimates, some 200 of the (ballpark) 1800 students that attend Allegheny take prescription antidepressants. And I have a hunch that access to higher education and access to better medical care are at least correlated, meaning that the above estimate is likely a conservative one.

Still, it is worth considering that perhaps the sign did not mean to indict antidepressant use as morally reprehensible, or as recklessly puerile, but simply that one needs to take physiological considerations as well as psychological ones.

According to the aforementioned CDC report, in the interval between 1988 and 2008, antidepressant use among people ages 12 and up has increased by 400 percent. (Whether this percentage referred to a proportion of the population, or a proportion of total prescriptions written, accounting for dosage, etc. was unclear.) This, according to Julia Calderone, author of “The Rise of All-Purpose Antidepressants,” a 2014 article in Scientific American can be attributed to a certain class of antidepressants known as selective serotonin reuptake

inhibitors. According to the article, pharmaceutical companies pushed for FDA approval for the use of SSRIs for a wide range of ailments in the early 2000s.

So how exactly do SSRIs work, and what are the possible physiological consequences that the display putatively wanted to warn against?

Consider the three claims listed on the display: sleep problems, irritability and sexual dysfunction.

A 2001 review published in the Primary Care Companion of the Journal of Clinical Psychiatry examined the physiological causes behind the most common SSRI side effects, which include sexual dysfunction, weight gain and sleep disturbance.

According to Andrew Winokur, MD & PhD, and Nicholas Demartinis, MD, in an article for the Psychiatric Times titled “The Effects of Antidepressants on Sleep,” SSRI therapy often causes more frequent awakenings and arousals, and suppresses REM sleep, decreasing overall sleep efficiency.

Other antidepressants, including some TCAs, trazodone, nefazodone, mirtazapine and bupropion have positive effects, including decreased sleep latency (the time it takes to get from full wakefulness to sleep) and increased REM sleep.

Concerning one’s sex drive, according to WedMD, between 20 and 45 percent of

SSRI users report less sexual activity, and both men and women may experience a decreased ability to orgasm.

The “irritability” claim of the display may stem from one of the many unpleasant effects of discontinuing SSRIs. Roughly 20 percent of people who stop taking SSRIs report some form of malaise. According to PsychCentral, reducing or ceasing any dosage of SSRIs may induce flu-like symptoms, including headaches, dizziness and irritability. Whether the latter is itself a symptom of withdrawal, or simply engendered by the nature of the other symptoms, or (worst-case scenario) a relapse of depression, is unknown.

So the symptomatic claims made by the display stand up to scrutiny. Still, the possible side-effects of a clinically prescribed drug are best discussed between doctor and patient. I think it reasonable to assume, however, that the display was not targeting patients of depression who follow a controlled treatment schedule. Rather, the disclaimer was likely aimed at anyone who has not sat down with a professional psychiatrist—anyone who may wish to give a couple pills a try to ease their January blues.

All things considered, antidepressants seem pretty tame compared with the other scheduled drugs appearing on the display. But that should never—NEVER—be an ex-

cuse for anyone to experiment with any pharmacological compound.

The abovementioned generalizations are just that—they apply to the general populace of antidepressant users who are on a controlled treatment plan with a psychiatrist. I will agree with the purpose of the display to this extent: no one should approach this class of drugs without receiving the requisite diagnosis and prescription from a trained professional.

I do not think this display meant to equate the dangers of antidepressants with those of, say, ecstasy. I think instead it purposed to display a spectrum of controlled substances: on the one end, the truly perilous, for which no prescription may be written, and no justification may be had in taking them for anything other than a solipsist “high.” On the other end, relatively innocuous, commonly prescribed medications that still have dangerous potentials if not used as advised. In the middle falls the semi-recreational, semi-medicinal, ever-controversial marijuana. As of writing this, cannabis use is legal in 23 of these United States; metaphorically and literally, it is the half-way point in this spectrum.

The inclusion of antidepressants was awkward; the informative section of the display, far too short. Brevity may be the soul of wit, but an explication never hurts.

An International Perspective:

Do you go home over winter break or is home too far away?

By ALEX HASAPIS
Junior Editor
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Traditionally students at Allegheny return to their respective homes when winter break begins; but for international students and global nomads, returning home is not always possible as home can be hours upon hours and a costly flight away.

Erbilin Shehu, ’19, is a degree-seeking international student from Albania who was unable to go home for break because of the lengthy travel time and cost of travel expenses required for a relatively short break. Instead, Shehu returned to Columbus, Ohio where he had been an exchange student in his senior year of high school. In this way, Shehu was still able to spend the holidays with family. Together with his host family, Shehu travelled to Chicago, Illinois for Christmas before travelling to New York City with friends to ring in the new year.

“On New Year’s Eve I went to Times Square to see the ball drop with another international student from Allegheny. I spent the first week of 2016 visiting different places in New York City,” Shehu said.

While in New York City, Shehu, along with William Schmitt, the French teaching assistant, visited Chinatown, Little Italy, walked the Brooklyn Bridge, went to Harlem, the Bronx, the United Nations Headquarters and the 9/11 Memorial.

Shehu and Schmitt returned to Allegheny after New York City, where Shehu spent a few days relaxing before embarking on his next adventure. Schmitt remained at Allegheny for the rest of winter break. Shehu, however is a Bonner Scholar and traveled to Detroit, Michigan with the Bonner program for a community service trip.

While in Detroit, Shehu and other Bonner Scholars aided in soup kitchens and gathered tires that were illegally dumped for a program that makes sandals from the tires.

After spending one week in Detroit, Shehu came back to Allegheny to take part in the Emerging Leaders Retreat. Despite not being able to return home, he was able to fill his break with friends, family, service and travel.

Diptajyoti Mukherjee, ’19, is another degree seeking international student who was also unable to return home for winter break. Mukherjee is from India but for various reasons did not go home, instead he traveled to San Jose, California to visit his brother and cousin who live in that area.

Mukherjee travelled around the West coast where the highlight of his trip was going to the California Science Museum and seeing Space Shuttle Endeavour.

“I wasn’t expecting to see the space shuttle, but I got really excited when they told me they had the space shuttle in the hanger. I just rushed to

see that and I spent the entire day exploring different parts of the shuttle and seeing everything,” Mukherjee said.

Mukherjee spent Christmas day with his brother and cousin in Santa Cruz. They enjoyed a small picnic and saw and explored a nature trail there.

Mukherjee has not seen any of his family for five months since coming to Allegheny. He still has not seen his parents and is missing them as well as the rest of his family and friends from India. However, he enjoyed spending time with his brother and being able to speak his native language once again and is very excited to go back home for a few months in the summer to see the rest of his family.

Although some students were not able to make the trek home, Tahmoor Akram, ’19, and Paul Willison, ’16, both returned to their respective home countries.

Akram travelled around 22 hours to return to Karachi, Pakistan. Despite living half his life outside of Pakistan, Akram still considers Karachi home. For most of break, he relaxed and spent time with his family, but when his grandfather called Akram’s father telling him that he needed help with a wild boar problem on his farm, Akram’s break got much more exciting.

“We went boar hunting. We used spears to hunt them. I don’t usually hunt but my grandfather has a farm that

breeds pheasant and other game birds and they had a problem with boar breaking in and killing them,” Akram said.

Akram rung in the new year by firing guns into the air which is a Pakistani tradition.

“It is a cultural thing to fire guns into the air on New Year’s Eve. Guns are a cultural thing there, they are a big part [of the holiday],” Akram said.

Willison spent close to 30 hours in airplanes and airports to arrive in Entebbe, Uganda where he has lived since before he was a teenager, although he was born in the United States.

He filled his break with numerous activities.

“I went on a safari, whenever you are in East Africa it is one of the hot spots for going on a safari, seeing wild animals in their natural habitat,” Willison said. “We had a weekend after Christmas where we went up to the lake district and spent time with a family friend. They live right on a crater lake, it used to be a volcano and it is filled with water—it is super deep—and we would swim across the lake and enjoy the sun.”

Willison also spent time at the Mweya Safari Lodge at the Queen Elizabeth National Park in western Uganda.

“It was incredible, you would take a step outside of your room and there is the Kazinga Channel, a few elephants grabbing water, a few buffalo, hippos chilling and crocodiles,” Willison said.

Although winter break is



Photo contributed by Erblin Shehu
Erblin Shehu, ’19, works in Chicago, Illinois with fellow Bonner Scholars Jeremy Moore, Dulce Loza and Mark Myers

five weeks long and that is often long enough for most traditional American students, international students tend to have more difficulty making it back home to see their families.

“I long to visit India,” Mukherjee said. “Unfortunately that can’t happen with the short span of time and feeling that home is for-

ty hours away, sometimes it feels kind of overwhelming. I’ve missed a lot of family occasions—weddings, birthdays and stuff like that—I’ve missed a lot of festive occasions in India. There is just no way to go [to India right now].”

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Greek life welcomes new members



MEGHAN HAYMAN/THE CAMPUS

Greek organizations gather in Brooks circle for Run-Out on Saturday, Jan. 23, 2016 to introduce and welcome their new members to Allegheny Greek Life. Alpha Chi Omega sorority releases balloons every year as a part of their ritual. Greek life on campus represents more than 150 years of service, tradition and community according to the Allegheny College website.

The King continues to rule Broadway stage

By CHLOE KEDZIORA
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Disney’s “The Lion King” returned to Chicago Dec. 2, 2015 at the Cadillac Palace ready to impress. Over winter break, I was able to see the production at the same venue that I had seen it 13 years ago and it still had me captivated by its beautiful and intricate sets, puppets and costumes. The production has won 70 major international theater awards and is the third longest running Broadway show. The show is a 2 ½ hour production recommended for

children ages six and up, but I consider it a crowd pleaser for mature audiences as well. Audience members become fully immersed in the experience, surrounded by African drums and the music ensemble as they convey the story of an animal kingdom. If it was not enough for one of the world’s most popular cartoons to be adapted into a Broadway production, the 232 puppets in the show will leave you amazed. Some of the impressive pieces include 18-foot tall giraffes that navigate the stage with grace. The show also includes a cheetah on the prowl. Ac-

tors control the puppets, each specific movement calculated, making the complicated costume and people seem as one. Mufasa’s (Gerald Ramsey) and Scar’s (Patrick R. Brown) masks remain stationary atop of the actors’ heads until they manipulate the costumes to move with them. The masks go from sitting out of sight to hiding the faces of the men, making the lions look realistic. The stunning opening number “The Circle of Life” brings the entire ensemble together onstage and hooks the audience instantly. The Serengeti coming alive as elaborate elephants, delicate

cranes, wildebeest and other safari animals wander down aisles towards Pride Rock to celebrate the birth of Simba. While I remembered many components of the musical, my 5-year-old sister, Cameron, fell in love with the production for the first time. Her obsession with the cartoon film helped her make connections between the songs and storyline the two productions have in common. The pure bliss and wonder shined through her face throughout the entire musical as she sang along with the ensemble. I will admit that I snuck video of Cameron during the

opening number. Looking back and seeing her take in “The Circle of Life” and the ensemble who was teaching the audience about the balance of life was spectacular. “The Lioness Hunt,” “Rafiki Mourns” and “One By One” are just a few songs created for the Broadway production that take viewers from their seats and transport them into the Pride lands. In these specific songs, traditional African chants and drums showcase the different languages incorporated in the lyrics. Several African languages are spoken and sung throughout the production. These

languages include Swahili, Zulu and Tswana and are integrated into the originally English-written songs and script. Disney has a way of making experiences magical. By taking a movie and transferring it to the stage, it becomes a spectacular reality. While “The Lion King” is no longer on stage in Chicago, there are performances in Florida, New York and other locations this upcoming year. More information about showtimes and tickets can be found on “The Lion King” website.

OVERHEARD AT ALLEGHENY...

This is what students are talking about in McKinley’s Food Court after the second week back from winter break...

“What do you want to do tonight?”

“Hood rat sh*t.”

“I’m already done with you”

“He told me not to, so I did.”

“Can you tell me why we’re here again?”

“I don’t feel like dancing or a*s kissing.”

“I would love to have a life.”

“I eat nonstop.”

“Everyone in that class sucks.”

“The sandwich of the day was booty.”



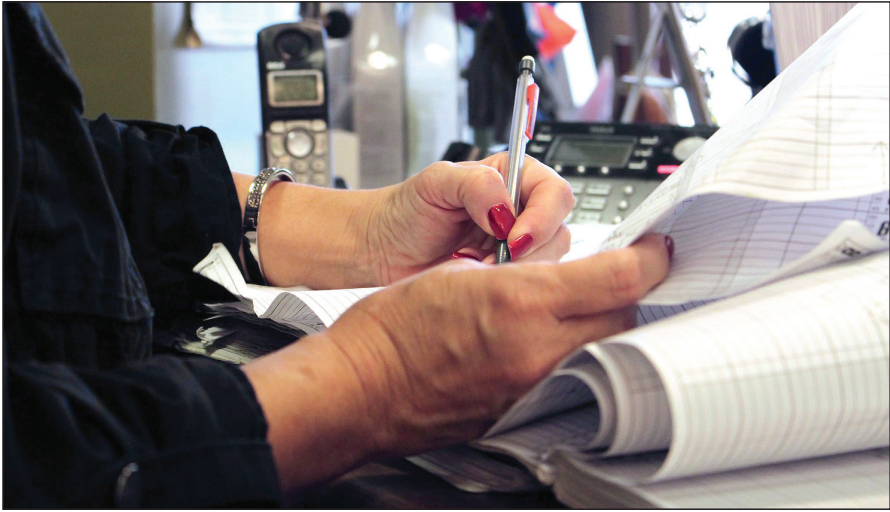
Abby Jones, cosmetologist of five years, massages Jane Yoder’s hands before putting on the first coat of nail polish, on Monday, Nov. 2, 2015. Yoder is a Meadville resident who visits the salon every two weeks to treat herself after doing chores around her home.

Photos and Story By Brittany Adams • Photo Editor • adamsb2@allegheny.edu



Kathy Perry gives 15-year customer of Hairitage Salon Connie Deitman a haircut on Monday, Nov. 30, 2015. Deitman originally was a client of the owner, Candy Hart, before switching over to Perry. Perry and Hart have shared clients and memories for 29 years since Hart took ownership of the salon. Perry said she would go anywhere in order to stay loyal to her friends and beautician.

Meadville Salon shares its Hairitage



Candy Morrel, booking secretary for Hairitage Salon, confirms appointments over the phone on Monday, Nov. 2, 2015. Morrel began working as booking secretary when childhood friend and owner of Hairitage salon, Cindy Hart, offered her a job.

The Hairitage Beauty Salon, located in downtown Meadville, specializes in all aspects of cosmetology including hair, nails and massages, and it serves as a day spa. The salon also sells an array of seasonal local products made by the employed beauticians.

Cindy Hart opened Hairitage in 1986. Since then she has employed more than 20 members of the local Meadville and Cochranton communities.

“All our [employees] live within a 40 mile radius, the girls here take pride in their work,” said Hart.

A majority of Hairitage’s customers are local residents who regularly meet with their respected cosmetologists.

“The people I work with are family, we are woman, we talk, we share our happiness and



Cindy Hart

our problems,” said Kathy Perry, an employee of 29 years.

Candy Morrell, the salon’s booking secretary, agrees with Perry’s feeling of a family atmosphere amongst the staff and their customers at Hairitage.

“This is quite a group of woman here... it’s not just an income it’s something I enjoy,” Morrell said. “We try to make everybody feel special by the time they leave, we try to make our clients know we care.”

The salon not only serves the community in beautician, but has collected donations on several occasions for local residents in need after family hardships.

Men’s basketball falls 67-62 to top-ranked Hiram

By SHEA BEAUMONT
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Despite a late rally in their contest against Hiram College (13-5, 7-4) on Wednesday, Jan. 27, 2016, Allegheny (2-16, 2-9) failed to complete their second half comeback in the NCAC matchup.

The Gators trailed by 16 points at halftime, and as high as 22 with 17 minutes left in regulation. With less than a minute remaining in the game, Allegheny had cut down Hiram’s lead to just two points but failed to pull out the comeback finish as Hiram closed out the game at the free throw line with just seconds left in regulation.

Evan Schweitzer, ’16, recorded his first career double-double when he recorded double digits in two of the five statistical categories, posting a team high of 16 points and 11 rebounds. Two other Gators also tallied double digits in the scoring category with Evan Zabriski, ’17, at 15 points and Brandon Smith, ’16, with 11.

“Our outlook for the remainder of our season is to keep improving and competing. We want to get better everyday as people, players, coaches and a family,” Simmons said.

Simmons believes his team can still make a run in the conference tournament despite knowing how competitive the NCAC is, along with their current standing amongst their conference opponents.

“The NCAC is one of the top three Division III conferences in the country, with some very talented student-athletes and some very good coaches. For us we need to focus on us,” said Simmons. “We need to get better everyday, value the basketball, allow the offense to work for us, guard the basketball, and rebound. If we do those things, we will give ourselves a chance to be successful.”

Conor Macomber, ’17, has high expectations for the team as the season comes to

a close with only seven games left.

“I hope that we play as hard as we can and try to finish out the season strong because you never know what can happen. We still have a chance to make the conference tournament barring a strong finish. As we all know, anything can happen once you’re in,” Macomber said.

As one of the many seniors on the team, Macomber made it clear what the team needs to do to ultimately make the conference tournament and potentially make a run at the championship.

“We need to focus on the opportunities in front us. We have the talent and experience to give ourselves a chance. We just need to grow as a team and find ways to win in the second half,” said Macomber. “You can’t play good basketball for 22 or 32 minutes, you have stick to it and play to the best of our ability for a full 40 minutes to achieve what we work for each and every day,” he added.

Donte Walette, ’18, wants to make the conference tournament for the second consecutive season since his career at Allegheny started one year ago.

“I just want to see our team make the tournament because once you get in, you never know what can happen. Every team has an equal opportunity to make a name for themselves in the tournament,” said Walette. “I believe our team has the talent and the work ethic to make a run at a conference championship and everyone on the team knows we have the capability to beat any opponent on any given night.”

The Gators will return to the court on Saturday, Jan. 30, 2016, facing Kenyon College at 3 p.m. in the David V. Wise Center. The team will be taking part in the Coaches vs. Cancer Suits and Sneakers initiative, as donations will be accepted throughout the day for the American Cancer Society as well as the Leukemia and Lymphoma Society.



Photo contributed by Amanda Carroll

The swimming and diving teams took their annual training trip to Coral Springs, Florida over winter break. The team held two-a-day practices and had an informal meet against Wittenberg College.

Swimming and diving teams train in Florida for two weeks over break

By ALEX HOLMES
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The Allegheny swimming and diving teams went to Coral Springs, Florida over winter break for their annual training trip and team bonding.

“Being in the nice weather and on the beach was nice, and not having to worry about school work on top of training,” said Erica Salizzoni, ’16.

Salizzoni was named NCAC Athlete of the Week on Jan. 18, 2016 following a 479.00 point Allegheny record-breaking performance at Case Western Reserve University. The 25-year-old school record for the three-meter dive was previously held by Melissa Moody, ’91.

“I was surprised when I found out, but I was excited to be recognized,” Salizzoni said. “It wasn’t expected, I was just trying to get my second regional score but it was definitely a confidence boost as we go into Conferences and Regionals.”

While in Florida, Salizzoni and the rest of the team spent hours a day training for the latter half of the season.

“The trip is our most intense training all year so the time we have to relax and go

grab ice cream or hang out on the beach is a highlight,” said Henry Ditzel, ’17.

Elizabeth Schafer, ’17, said she loved the team bonding aspect of the trip.

“The trip seemed longer this year, but I had more fun,” Schafer said. “Being a junior, I knew what to expect from the trip and I did what coach said and had fun with it.”

This year the trip brought two weeks of intense training for the team followed by an additional week on campus before classes started.

“We have a new assistant coach this year and he has been good with providing more energy and knows what we’re going through,” Ditzel said.

Training in Florida brings more time in the pool each day and harder practices for the team compared to regular season practices on campus.

“During the training trip, we have two-a-days almost every day which is the biggest difference in our practice schedule,” Salizzoni said. “The pool is also used by Division I athletes at the same time, so one day there were about 50 divers. There’s more skill level present and we [divers] are separate from the swimmers who have their own pool.”

Practicing around DIII athletes allows the team to im-

prove their own skills and see how others practice.

“For morning practices, we are in the same size pool as we have here for two hours and we do test sets to record our heart rate and times every day, which normally is only once a week here,” Ditzel said. “In the afternoons we swim long course in a meter pool, and many of us are not used to it.”

Ditzel said morning practices during the season are typically 50 minutes of lifting and 45 minutes in the pool, but during the trip, those practices are two hours in the pool and an hour of running or lifting.

“We spent two days in a hotel close by the pool then we went to the villas, which are apartments we stay in with four or five roommates. At night, we do class dinners and have some down time,” Ditzel said.

During the trip, the teams participated in a meet against Wittenberg University.

“We don’t keep score from the meet, some of us swam well but we were tired,” Ditzel said. “Each year there is a relay called the Pineapple Relay with a senior team and a freshman team that is mixed with swimmers from Allegheny and Wittenberg, and the winner gets a pineapple. It’s

a lot of fun, we warm up in lanes with Wittenberg and we face them in conferences and know the struggles of each other.”

As the season continues, the team is looking forward to conferences and improving further on the progress that has been made this season.

“Conferences are always exciting, our hard work through the season will show and it’s a fun three days with the team,” Schafer said.

Salizzoni said the women’s team has lost a few women from the team but are looking forward to seeing who will step up.

Ditzel said competing next to Denison and Kenyon who are national title competitors creates a nice atmosphere and is entertaining to watch.

“We have had one relay since my freshman year with the same guys, this year a freshman replaced one of the spots. We have been close to the team record the past two years and I think this year we have a shot at taking down the record and getting new names up on the board,” Ditzel said.

The teams will face Penn State-Behrend and Saint Vincent College at home at 1 p.m. on Saturday, Jan. 30.

B.J. Hammer named 34th head coach of Gator football program

By MARLEY PARISH
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B.J. Hammer was named the 34th head coach for the Gators’ football team on Jan. 4, 2016, replacing Mark Matlak who announced his retirement on Oct. 27, 2015. Having more than a decade of coaching experience and an accomplished playing career on his résumé, Hammer is eager to start rebuilding the Allegheny football program both on the field and in the classroom.

“[They have a] great tradition,” Hammer said. “I’ve know a lot about them, and in my mind, there’s no reason why Allegheny football should be where it has been for the last three years. So, I see the potential there. We are going to turn this thing around. We’re going to make this thing work.”

Hammer is a 2001 graduate of Wabash College where he served as team captain in 2000 and was a two-time All-American and three-time All-Conference honoree. Hammer started his coach-

ing career at Wabash post graduation. Hammer comes to Allegheny with additional coaching experience from Heidelberg College and Whit-tier College.

“The guys are ready to work, so we’re going to jump right into our lifting, conditioning and cycle. That’s the first phase,” Hammer said. “I’ll take things kind of step-by-step.”

On Tuesday, Jan. 19, the coaches and players held their first official team meeting where Hammer discussed the changes he plans on making to improve the program.

Assistant Coach Kyle Derickson is confident in Hammer’s plans for the football program.

“I think it’s going to be a constant assessment for him. I think everything is on the fence for change. If something needs to be changed, we’re going to do it. And we’re going to do it for the betterment of the program,” Derickson said.

Derickson said Hammer’s attitude is contagious and creates a winning competitive atmosphere.



B.J. Hammer

“As a coaching staff, we’ve latched onto him, and I think the more time the players spend with him, they’re going to bind to that, and it’s going to be exciting for all of us,” Derickson said.

In addition to improving the team’s performance on the field, Hammer wants to improve their performance in the classroom as well.

“We’re trying to get our team GPA higher. We never want to sacrifice the academic peace for football,” Hammer said.

In an attempt to promote friendly competition between team members, Hammer started a game where players can “bet burpees” on anything

like the winner of a game, who can lift more or who can get a good grade on a test.

“He really focuses on team unity and communicating well. He wants us to be more of a team and more of a family. I can see the hunger in Coach Hammer’s eyes. He wants to win just as badly as we do,” said Jason Murphy, ’18, a wide receiver for the Gators.

Coach Hammer is no stranger when it comes to rebuilding football programs, and is confident that the Gators are going to succeed and improve.

“I love competition. I love to compete. I want an ultra competitive environment. Everything we’re doing from being on the academic top 10, to the classroom and to the lifting... I want these guys on this team to learn how to compete in everything they’re doing and that’s going to make this better,” Hammer said.

Hammer, the coaching staff and the players are looking forward to a fresh start. The team begins training on Feb. 1 to prepare for spring practices and scrimmages.

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